

## CSI asks for students' input

[illegible]

Students had the chance to push some of their own ideas and thoughts to Conestoga Students Inc. (CSI) at their annual general meeting (AGM) on Oct. 15.

CSH gave their yearly report in front of a sparse crowd of approximately 20 people in the Sanctuary, which was surprisingly large for the time, but was usually filled the night. The few students who did attend were informed about issues and encouraged to vote on the student body at Commons Hall.

One of the most controversial aspects of the winning was the possible inclusion of a 12.5¢ tax. Students would have to pay a fee as part of their tuition, which would enable their student card a year-round bus pass as well. CSE has been considering this for the past three years and said it would be considerably cheaper than buying a separate bus pass. A Grand River Transit (GRT) bus month card pass currently costs \$100. CSE president Chris Ryan said they're not sure how much their version of the 12.5¢ would cost.

<sup>10</sup>It was noted that as mathematics became more and more formal and abstract, it



1000

The CBE board of directors also  
has power for the students to  
vote<sup>12</sup> and elect

Excitement from students of the meeting was muted. Some thought it would be beneficial while others claimed it as another unnecessary expense. The room alone with the Q-Pass was the majority opinion.

"Spenders don't represent an increase in mobility's footprint within the GEC," said CEA director Hans Staudt.

In a press meeting news writer Tim Sutherland spoke about CSE's financial situation and said he gave the organization a "clean wallet report." He said CSE had \$1.5 million in net assets and the

He was happy with the price of his new car.

CHL has been putting money into renovations for the Eisenhower Library, on the upper Sanctuary, which is slated to re-open in a month according to Byrne. The floor will be a whole-purpose room for studying, watching TV and movies and listening to music.

"It will be very unfortunate for students if you turn your back on go study with a woman," said Kinnon.

QRI also headed off some complaints about the new Cambridge campus. German engineers with lack of silver standards for energy conservation as well as its green

feeling that the state of the art building was incomplete have been well documented in the past year.

"I know a lot of Cambridge students are disappointed with us right now," said Byrne. "We are going to promise to make sure your experience at Cambridge is the best that it can be."

Forty-year business marketing student, Paul Edwards wants to run the complex through his own, as independent owner staffs in the two center change rooms and going back to some old school routines.

"I haven't been as active in 12 years, but I was part of the change when the president in power

and sharpness in the class  
action.<sup>12</sup> Indeed, Harman's

However, there were no dentists who had come for help, and because for insurance reasons, these included auto testing (in the P-wing), mouth or X-ray fluoroscopy and even installing a full-sized pool (20' diameter) and they apparently raised all the feedback and hope this type of community care with students can continue to be relevant to the future.

"That's what CM wants from all our students," said director Frank Crompton. "We want you guys to feel like you can come and do your thing and get the best out of your education."

## Dancing banana raises money for United Way

[illegible]

How much money can you raise for United Way with live organs, games and a silent auction? Haverford students started fundraising on Oct. 11 with their

The Karadanes took place just outside the CBI office at the Chatterbox Diner complex. It featured live dance music held by business whizzes

James Morrison, the Connorsville College mascot, Cluffy the Cocker, and a man in a business costume and sunglasses dancing. Balloons and inflatable balls were hoisted around by both the crowd's organizers and students walking by.

Upstairs by the information desk, the location of the domain had drawn the gilt certificates for Future Shop and iStock, video recordings, MP3

players and perform. They also held a silent auction for a hockey jersey from Paul Nash, who played for Team Canada when they won gold at the 1976 Olympics.

Just downstairs, several games were available to play for \$1. They included a flip cup game where you had to land a plastic cup on top of a water bottle. Another game had people playing in a hot and trying to keep two bal-

[illegible]

The business students organized the event with Student Life programmer Tyson Christell, as outlined below.

"The business students did all the planning," Connor said. "I'm very proud of the accomplishments of our business foundation students. I know an amount like this will go a long way."

to supporting those in our Nation who use the programs and services that "Good Way helps to fund."

According to Council "it gives them a chance to learn fundamental management skills." The college's overall goal for United Way is \$20,000 and as of Oct. 26 they were at 62 percent of that goal.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

**What's the worst pickup line  
you've ever heard?**



**"Is your name Barbie?"**

**Nicole Grevil,**  
business administration  
management

**"You have 2000 likes on  
your body, how would you  
like our class?"**

**Julia DeLobinsky,**  
accounting



**"Some guy had the same  
last name as me but it was  
spelled differently and so he  
said, 'how would you like to  
spell your name different  
to?'"**

**Sarah White,**  
accounting

**"Really are you tired,  
because you've been say-  
ing 'through my mind' all  
day."**

**Trish Wynne,**  
general arts and science



**"Let's play computer, we'll  
get tomorrow then I'll tell  
you."**

**Kira Hoppers,**  
general arts and science

**"I once told a girl I had a  
boyfriend and he said just  
because there's a girl  
doesn't mean I can't  
love."**

**Renata Bergante,**  
general arts and science



## Conestoga proposes new Guelph campus

By ALYSSA WILLIAMS

If the proposal is approved and everything that follows goes according to schedule, Guelph could be home to a new Conestoga College campus as early as spring 2014.

The initial response to the plan by the City of Guelph's Economic Development and Tourism Services, Peter Cartwright, and the campus is consistent with the city's economic development strategy. It is hoped funding for the project would come from the City of Guelph (\$10 million), the Ontario government (\$5 million) and from the college itself (\$2.5 million).

"It doesn't help that I'm almost finished school, but that's great for future students who live in Guelph or plan to 'go to' Guelph," said Meredith Morgan, a second-year broadcast journalism student.

Another second-year broadcast journalism student, Shannon Gwynne, said as follows: "I live in Guelph and there is already a campus there, and you're nowhere near as big as Boston," she said. "Guelph is already known as a university town and I think it should stay that way."

However, the previous initial reaction from the Guelph Economic Development and Tourism Services department suggests that the campus is a possibility.

The building of the campus itself would create jobs in the area, and the program fees as are referred to in the present and forecasted future of the City of Guelph.

alternative spring and advanced manufacturing.

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## Calculating the cost of candy

By ALYSSA WILLIAMS/CONESTOGA

At one time or another everybody has a craving for something sweet, whether it's chocolate, candy, candy or soda.

Thankfully there are many places in town that satisfy whenever those cravings get to be too much.

But have you ever thought about how much money you're spending on candy? Is it cheaper to get your snacks from the vending machine or your local variety store?

Here's a list of items purchased at Conestoga compared to the same items bought at the Peavey Canada convenience store across the street.

The Snacksary had their candy bars listed at \$1.49. The variety store had regular sized bars at \$1.59. Soda from the vending machine costs \$1.50 while soda at the Snacksary and variety store costs \$1.99.

The most expensive items were the energy drinks. They cost \$1.81 at the Snacksary. They were cheaper at the variety store, costing \$1.19 to \$1.35.

But are there places where you can get snacks for less?

"I find it's cheaper to go to the dollar store than getting them out of the vending machine," said Aaron Givens, a second-year accounting student. "It's usually about a half for a chocolate bar."

## Life and death



# Students give back

By SEVEN OTHERS

Cambridge's conservation initiatives students haven't been in their minds lately, but they haven't meant they haven't been listening.

Over a two month period, the 40 or so students in the program made suggestions at two different sites in the community.

Deag Larkston, an instructor in Cambridge's School of Trades and Apprenticeships, oversees the projects.

"They take their knowledge that they've learned in the classroom and come out here on site and give back to the community," says Larkston. "So it's a three-day mission."

The first was in a community support center which is run by Ray of Hope. The building is a community center for homeless, unemployed, disadvantaged and troubled people. The center provides food, clothing and laundry facilities to those who need it. They also prepare

meals every day.

The students' job at the center was to renovate Ray of Hope's new administration office. Program director Don Hill was pleased with the students' efforts.

"We're really thankful for all the fantastic work that these guys are doing," said Hill.

The other site the students were working on was part of the new charitable research reserve, in Cambridge. The reserve covers over 500 acres of land and is dedicated to preserving it for future generations.

The building the students were renovating is run by the new Every Child Outdoors (ECO) Center. According to program manager Amanda Newell, the ECO center's goal is to provide outdoor environmental education to every child in Cambridge, Waterloo and beyond. They are also working toward creating a more enriched research center.

"The work that Cambridge

students are doing will allow us to house researchers in dormitories upstairs and have an environmental center and education area in two classrooms downstairs," said Newell. "The college students have been amazing in helping with demolition and the beautification of the reserves of the house."

Conservation initiatives vice dean Dylan Bennett has worked at both sites and enjoyed the experience.

"When we're in the shop class at school we only get about two or three hours to do these small projects and here we're doing the big projects on a huge building," said Bennett. "I like the real atmosphere of the work place."

The School of Trades and Apprenticeships has been helping out in the community for four years and has done work for over 10 agencies which, according to Larkston, has amounted to over \$400,000 in donations and labor.



PHOTO BY STEPHAN BERNARD

The students' foundation projects held a Monster Mash event on Oct. 26 for the United Way campaign to raise money and awareness.

## Monster Mash raises funds

By SHARON A. MURRAY JR.

Change for change! A Monster Mash event was held on Oct. 26 at the Student Life Centre to raise money for the United Way.

Cambridge is a proud supporter of the organization and holds a fundraising campaign every October to help contribute to the community and raise awareness.

John Hunter, a student in the business foundation program, said he was called, "the mascot without a costume," and was gathering people to inform them on what the United Way is.

"We're doing a fundraiser for the United Way in order to raise money for the less fortunate," he said.

Students from the program held the event as part of a course called student service for higher learning.

It is an initiative through

Campan Service Learning where students received in their course numerous charitable activities in the community.

Students held games such as Monopoly, Hockey Shoot-out, George Costanza, Famous Name Tag, Simon Says and others and were able to raise money and encourage others to get involved.

Many students contributed by donating and participating in the various games provided.

Every year, faculty, staff and students donate generously with proceeds supporting various organizations in the community.

This year, the goal for the Cambridge United Way campaign is \$40,000 and you can see how the college is doing via a poster of a thermometer that placed outside Tim Horton's.



PHOTO BY SHARON MURRAY JR.

Conservation foundation student, Sarah Nadeau (left) was part of work at home on Oct. 26.

## Bookstore offers buy one, get one 40% off

By SHARON MURRAY JR.

With the holiday season right around the corner, money may become tight for some college students. However, the Cambridge bookstore is here to help with students' financial woes.

Beginning today and ending next Friday, the bookstore is offering a BOGO sale — buy one item, get the second 40% off.

Students can take advantage of discounts on all kinds

of, newsmagazines, supplies and journals.

—

"We are also doing a sidewalk sale on top of the regular sale."

— Adam Huxford

—

"We normally don't have a

sale for 40 per cent off," said bookstore manager Adam Huxford.

"Anything they may have desired or not had the budget for or thought they couldn't afford" is a great reason the people in need the bookstore, Huxford said, suggesting students could also shop with a friend and split the discount.

Coming off a rocky start to the year where students faced freezing lanes and locked up orders due to the support

staff strike, the bookstore is almost back to normal operations now.

"There's a couple of programs specific things that take some time to setup up. However, most of those things that require 'updated orders'."

Students at the bookstore will also be able to attend another sale the week of the BOGO event. "We are also doing a sidewalk sale on top of the regular sale on the Avenue," said Huxford.

siding this is where students can find even bigger discounts on many things. He also wants all Cambridge students to know that the sidewalk sale will be heading to each campus this week.

Although this is the only large sale planned for the bookstore this school year, Huxford says ending on the day of making it a financial event.

"We'll see how it goes and re-evaluate after that," he said.



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# School right on 'course'

By JAMES WYCKAM

The college will be offering four new programs next year, after Cuesta College's board of directors approved them at an Oct. 24 meeting. All four will be college certificate programs and are set to run at the beginning of next year.

The new programs are mental health and wilderness training for first-time students, dual-enrollment support, analysis, IV therapy, and mechanical tech.

request — CNO sales operator. "We produce programs that come out of several areas" and executives down Robert Gaylor.

Also at the meeting, director of marketing Paul Debraun gave a presentation on the college's advertising campaigns, displaying some statistical facts and informing the board as to why the word "college" is not being used in the ads.

"We want to be seen as a lot, a lot more than a college,"

he said. President John Tabor added that "It is to build a brand that's different than perceived."

It is estimated that the advertising campaign will reach nearly 25 million people. Tabor also told the board that the college has seen a 7.1 per cent increase in enrollment along with a 50 per cent increase in international growth, highlighted by all courses from India coming to the college in December.

## GIVING TO THE UNITED WAY



Photo by Joe SALLIN/STAFF

Upper Merid students come to donate food through for the United Way to increase food insecure students. Dillon Hunter and Alicia Sullivan.

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Friday November 4



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Remember a good deed is a good deed. It never goes away. It grows with you and becomes part of who you are. You can't see it, but you can feel it. It makes you a better person. It makes you want to do more of it. It's a chain reaction. It starts with one person, and it spreads. It's a good deed that grows.





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# Occupy Toronto, week two

By BRENNAN GALEY

Although harsh weather has continued to rain on their parade, passion and energy amongst hopeful protesters remains high as Occupy Toronto continues.

While coloured tents and shoddy makeshift shelters populate the rainy wet ground of King and Church streets, harsh cold wet gusty weather, many of whom have been there since Occupy Toronto's Oct. 15 start date, are still standing against the elements between demonstrations leaving their tents a few times a day, they bring a whole new meaning to the term "storm trooper".

Despite just processing construction, demonstrators pile out of tents with as much determination and energy as on day one. Once the storm has been rounded up, they take to the damp streets leading through sleeping and shivering, hoping to make change in a seemingly broken economic system.

Almost independent from other Occupy movements, Occupy Toronto and related protests share a common ideology — that current economic and political systems are unacceptable.

A number of issues have been brought into the limelight since the birth of Occupy Wall Street. Corporate greed, economic inequality and corporate influence over government have been of particular interest.

"We are the 99 per cent," has become a significant slogan of demonstrators, referring to the difference in wealth between the wealthiest 1 per cent and the other 99 per cent of people. According to protesters, the top 1 per cent of people continue to grow richer while the other 99 per cent are sinking into financial crisis.



PHOTO BY BRENNAN GALEY

Protesters took to the streets of Toronto on Oct. 25 in hopes of fixing a broken economic and political system.

Additionally, the government is only working to serve the elite 1 per cent instead of the bottom 99 per cent in dire need of assistance.

Since September, those recruited by unnamed links have taken to the internet to share their final hours alive. Between economic recession, mortgages and a lack of jobs many have found themselves in danger.

"I'm a recent grad and I'm leaving the student trouble. Finding a job — and I have five rejection letters and four appeals," said Marcus Smith of Mississauga.

Hearts, like other students in attendance, all face a similar problem — how to repay his debt loans without work.

Although protesters have yet to agree on a unified goal, many are calling the current situation a "democratic revolution" instead hoping to create growth in the future.

"We're building a global community. That isn't revolution, it's evolution," said Ryerson student Daniel Joly.

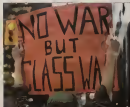
Although no visible progress has been made, protesters are confident that they have sparked change. What was once a small gathering of like-minded activists has gradually transformed into a much larger congregation.

"I think that while they will raise some eyebrows, people are starting to take it seriously now since it's a worldwide phenomenon," said demonstrator Gus Szekelyevich.

While demonstrators have been pleased with the publicity and support of the community, they are still urging anybody who is concerned with the resolution of the economy to come out and offer support.

While an end date has not been discussed, some participants have begun to purchase Christmas lights in anticipation of protests during the holidays.

For more information regarding how to become involved, visit [www.occupytoronto.org](http://www.occupytoronto.org).







Left: Bittery business has a sweet tooth for peanut butter cups coated in chocolate. (She said she would be happy if that's the only thing she got in her stockings.)

Above: Candy and peanuts are an easy and delicious way to fill your stockings.

**Right:** Determined is a great place to shop for cheap candy and to learn the art of stuffing stockings with a minimum. Amanda Matheson, a cashier at Determined in Waterloo, holds her personal favorite.

**Below:** A warm winter hat is perfect for the Christmas season. Determined has everything you need for being warm.



# Stuffing without spending

Tips will help you buy items for stockings without spending a lot of money

By JACARIE MARTIN

The rest of stuffing Christmas stockings with up better than socks in a Christmas dinner.

But don't get your head in a tangle. There are ways to stuff stockings in a stretchy budget while still filling them to the brim. It might mean putting more time and creativity into the job or making good use through dollar stores, but just, because you say "holy Christmas," doesn't mean you have to say "goodbye money."

Ann Tomalin, a cashier at the Dollar Store in Elgin, said buying for young kids is easy.

"Balls, beads. Knives. Bells. Bubble blowers and candy can overfill a stocking," she said. "And they're all \$1 or \$2 items. Shopping for kids isn't hard."

It's the big people who are more challenging.

Filling an adult's stocking with balls and bubble blowers probably won't have the same effect as it does on a child.

Here are some ideas to keep the cost as a reasonable price:

1. **Leftover sweater socks.** Who doesn't enjoy picking a cheap, super-pretty and super-soft-looking sock to get potential prizes? It's fun for everyone as long as there's no fighting over who gets the winners.

2. **Small practical items.** Aprons, socks, colored toothpaste, hairpins and small soap bars all practical items that are cheap and used by everyone. Try buying items with unique patterns and bright colors to take the home out of everyday.

3. **Homemade perfumes.** Offer a few scents. Whether it's a

message, birthday, wedding the one or a dozen on you, they will love the gesture.

4. **Photographs.**

Captured moments printed on a theme can mean more than an expensive gift.

5. **Homemade jams.**

A jar of jam with a ribbon around the lid looks and tastes great. It may not have packets of sugar on the outside but it's just as heavenly as Philadelphia cream cheese.

6. **Candy and peanuts.**

Truffles, candy canes, peanut brittle, chocolate-covered almonds, gum drops, Tootsie rolls and more. You must really do the too many Christmas things, it's just not possible.

7. **Peppercorns and popcorn.**

White, fluffy popcorn goes into every Christmas season. Giving peppercorns with the kernel is a treat to the taste buds and the tongue.

8. **Hats, mittens and scarves.**

There is a wide selection of winter hats and mittens at dollar stores for \$1. Bring your friends and family warm this holiday season.

9. **Books.**

You can often find used books in good condition at bookstores and a visit to St. Jacob's Farmer's Market even allows you to trade in old books for new ones.

10. **Perfumes.**

Buddies, word mender and cross-stitcher books are fun and affordable.

So, get shopping.

It's never too early to start your list for next year. The next 60 days will fly by and before you know it, Santa will be flying in for a visit.



# Roommate remedies

Problem-solving plan can ensure peace

By AMBER WELFORD-CHITELANE

Students here or there a lot of different lives living in one dorm room of which is having to live with a roommate.

The thought of sharing the room space with a total stranger can make anyone nervous. It's not unusual for most students to expect the worst when it comes to roommates.

Of course, it doesn't always turn out as bad as being a room mate experience.

Freddie Redden, a studying early childhood education and serves as a resident advisor. She said although it can be hard living with another person at times, the best thing to do is come up with a good

problem solving plan. Redden himself has not had any problems with room mates.

"I've been pretty lucky. I get along with a lot of people. The biggest problem is dishes and finding your own space in the common areas."

She added the residence life manager works hard to try to match personalities. A personality portfolio is sent out with all the application forms which students have to fill out. Questions include "How is your personality?" "Lifestyle how do you see your schedule and how would you see you?" So long as students are honest when filling out their portfolio things usually work out.

## GOING GREEN WHILE IT'S STILL GREEN



PHOTO BY JESSICA MCKIN

Anna Del Solle, a second-year RBC student, goes green. She bought a bicycle in July and drives to school from Cambridge every day.

## SATISFYING CONESTOGA STUDENTS' MUNCHIES



PHOTO BY MICHAEL JORDAN/STAFF

Staff at the Conestoga Student Store are serving students at Conestoga College. To ensure there is choice of various chocolate bars, chips, candies, pastries and drinks, they pay a higher price than a store for the convenience.



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# HOROSCOPE

Week of Oct. 30, 2001

## Aries

March 21 - April 19

## Libra

September 23 - October 21

Don't try, and be someone else, there's only one of you, be yourself and great things will happen.

People will never be able to cut your true color from you, be the best you can be this week and someone special might catch it for the world to see.

## Taurus

April 20 - May 20

## Scorpio

October 23 - November 21

Take time to stop in between, you'll need that time to think about a big decision that will come before you this week.

A mysterious stranger will turn the having into the wanting. Try not to be your usual person, make a big move and live the entire week.

## Gemini

May 21 - June 21

## Sagittarius

November 23 - December 21

Have faith in those around you and those around you will have faith in you. Friendship is a two-way street, don't forget that this week.

Try and make people laugh this week, someone may take notice and something wonderful may come as a result.

## Cancer

June 22 - July 22

## Capricorn

December 23 - January 19

Don't put up with people who are rotten with your heart and don't be worthless with other people's hearts. Be careful this week.

There's always a side to the story, so this time to reflect on how you can always look at the picture in life, because you'll need that out look later this week.

## Leo

July 23 - August 23

## Aquarius

January 20 - February 18

Perception is quite the thing, so not dead in one person's eyes is a good not in another. Try not to see things through other people's eyes this week.

Sometimes being will teach you more than you may ever think. You'll understand that this week.

## Virgo

August 23 - September 23

## Pisces

February 19 - March 20

Don't let anything "Yesterday is history, tomorrow is a mystery, today is a gift, that's why it's called the present."

If you want to change your life, now is the time to do it. Don't wait around for someone else, be the change you want to see in the world this week.

James Witnack is the resident astrologist who goes into the alyps and see it getting back at him, causing the universe to unfold before him.

# Students flip for flapjacks

By GARY LARSEN

"OO!" cheered Centennial Students for CSU president, Gary Byrne as she moved in the brightly lit, brightly lit students who lined up for the Oct. 29 pancake breakfast.

It was time to enjoy the fluffy pancakes and join in the excitement for the second time this year.

"Breakfast, and a show," said Byrne, introducing a pre-recorded screen which displayed the popular TV nation, 10 TV.

The pancake event, which was held from 8 a.m. to 11 a.m., was used to promote CSU's giving back to the community, she said.

She explained that this year's success in the number of pancake breakfasts is because the event was "too by

popular last year. Why don't we have five pancake breakfasts this morning?" she asked.

Who doesn't love  
free pancakes  
in the morning.  
— Gary Byrne

The serving team consisted of Byrne and third-year graphic design student Kristina Burke who served pancakes, while CSU campus services coordinator Steven Bower handled the drinks.

Each person was given two pancakes and a cup of juice. Garyville Robinson Dining Services was hired to cook the

100 pancakes. The breakfast was short, though, the event which allowed students to come back for a second — or third — helping.

"Since they made so many, I might just go get some more," laughed third-year teacher assistant and student body member.

And as soon as her plate was empty she did.

"I love it," said second-year software engineering student, Gary student Steve Farrow while enjoying the breakfast with his two friends, Margaret Christensen and Lisa Copeland.

The pancakes lasted until the end of the event, which is "personally double the amount that was ordered last year," said Byrne. "And there's more pancakes in the future, look forward to it," she laughed.



Photo by Gary Larsen

Steve Farrow, Margaret Christensen, and Lisa Copeland are all smiling as they dig into the free pancakes served by CSU on Oct. 29 in the Banquet Hall. More pancake events will be held at the center future.



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# Kickoff specializes in craft beer

by DAN MACKEY

Students of Conestoga, when you go out for an evening of drinks, what kind of beer do you normally order? Molson? Coors? Bud? It's a shame when Stolle Avenue is considered a classy stop up. You deserve better. You deserve Brewco. You deserve a beer where mean telling you can't have cold is taken in quality that, when provided, will only lead the fact that it tastes like contaminated water. You deserve a night at Kickoff on University Plaza.

They do, because, well, how long has the bar been open for? Well, it's been open for 12. Which is a long proposition of Kickoff, it had already established an order already of having the best craft beer selection in Waterloo Region. When a shipment comes in, they usually

ly have between 30 and 50 different varieties. Craft beer is also related to an even lower end. It's beer that is made in small batches by dedicated brewers with quality ingredients. This results in a much wider range of varieties offering different tastes. Brewco and other local companies Kickoff is proud that it supplies such an impressive selection. Bachelors agree, "The drinks like that, we switch the beer up all the time, trying new things."

Kickoff is primarily a sports bar where people can go to watch live soccer, football, hockey and other sports. But these various drinks range from sports fans to fans who want to go to all kinds of university students. They're always happy to meet the place for any kind of event. Some students even book their laptops up to the flat

screen to broadcast live online events such as Kickoff's Blues on television!

Since craft beer is always made in small batches, Kickoff's rotating changes every few months. They order from new breweries such as Mill St. Brewery, but they also order bottles from all around the world. They're especially good at stocking seasonal beers. This fall they're featuring beer such as Nightshade in Mid St. in pumpkin (ale) and Hopsford in hops forward Oktoberfest beer.

If you're kind of bored a beer that is mostly composed of rice and other cooking food in the way of flavor, and if you're looking for a truly unique experience in Waterloo, then you will not regret a trip to Kickoff. Just don't drive home.



PHOTO BY DAN MACKEY

Kickoff bartender Matt Thompson, pours a beer, and Bachelorette Danishe on Oct. 22

## COUNSELLOR'S CORNER:

### Test Anxiety

Most students experience some anxiety before tests. In fact, a little anxiety increases your alertness and can actually enhance your performance. Anxiety becomes a problem when the fear has a positive energy to becoming a debilitating stress. Often such anxiety has a strong sensory component. Do any of these thoughts sound familiar?

#### Why are about performance?

- I don't have studied much
- I can't remember it (even) the night happens to me
- My mind goes blank. I can't see and feel this.
- I have to guess "it"
- I'm going to mess up and finish stupid

#### Why are about what others are doing?

- Everyone seems to know this stuff but me.
- No one else looks like they're nervous—what's a loser?
- Everyone is finished but me. I have to finish

#### Why are about negative interpretations?

- What if I fail? I'll fail the course, the program. I'll never make anything of myself.
- If I never see the job again.
- If I never be able to handle college studies.
- If I have to eat everything else in the kitchen—how can I do this?

#### Why are about bodily reactions?

- I feel sick. I'll never get through this.
- I'm sweating all over.
- Here it comes again. My hands are shaking, my heart races. Normal people don't do this.
- I feel like I'm going to get sick. Maybe I should leave.



Any of the above reactions increase anxiety and actually jeopardize more worry and give out the sense of being control. However, as much as anxiety feels out of control, it is, in fact, something that we can learn to overcome. There are many effective strategies we can use which will help us reduce our negative thought patterns, reduce the physiological anxiety response and develop more positive behaviors to avoid falling into the anxiety cycle.

#### What can you do?

- Here are a few on campus resources:
- Make an appointment with a counsellor in Counselling Services to have some effective and anxiety reduction strategies.
- Inquire about a Test Anxiety in the Performance Anxiety module in Behavioural group for help with the physiological symptoms in Counselling Services.
- Read *Test and Worry: A Survival and Positive Psychology* by LSC.

A Message from Counselling Services

## CLIFFY GOES BANANAS



PHOTO BY JANE BERNARD

First-year business administration student PJ David dressed in a banana and posed with Cliffy the Gorilla, the Conestoga mascot, during the Wildlife to Wilds United Way fundraising event on Oct. 20

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# Students protest at Homer Watson roundabout

By **MARIANA D. MORGAN**

Hundreds of St. Mary's High School students and supporters came out on Oct. 17 to protest the controversial Homer Watson Roundabout and Black Line Road construction.

These voters were partly led by regional council members Oct. 18, who agreed to put "stop the pedestrian" signs at the roundabout and reduce the speed limit coming up to it to 10 mph from the current 15 mph.

However, the students also wanted an overhead walkway.

Why a roundabout near a school? Many students held signs asking the question at the protest and encouraged drivers to "Think for us kids."

"We're protesting so we can get an overhead walkway for students," said Jessica DeBruin-Jones, a Grade 10 student from St. Mary's High School who participated in the protest along with her friends.

There have been 26 calls since reported on the roundabout since construction started in August. And, a 16-

year-old student suffered a broken leg after being hit by a Grand River Transit bus while crossing the street there.

The protest was organized by Rachel Jackson, a Grade 11 student who wants an overhead walkway on students on every night. Her mother sister and grandmother supported the protest and were at the roundabout since it was when the protest started. "I think it's awesome what they're doing, the roundabout is really dangerous," said Sharon Jackson, Rachel's mother.

Waterloo Regional Police officers were at the protest to ensure the protesters did not distract drivers and to also help pedestrians cross the road.

Although a pedestrian overpass would ensure the safety of students, it would be costly. According to John Burrows, chief engineering officer at the Waterloo Catholic District School Board, it would cost around \$2 million to construct.

However, this money did not make Kathleen McMillan, a Grade 12 student, happy. "I think they're waiting for someone to die," she said.



PHOTO BY MARIANA D. MORGAN

Protesters and St. Mary's joined the students in their protest at the Homer Watson Roundabout and Black Line Road construction that has been going since 2012. The street is expected to open in August.



PHOTO BY MARIANA D. MORGAN

The protesters' message was loud and clear to anyone driving in the roundabout. The students are demanding the construction of an overhead walkway so pedestrians can cross the roundabout safely.

# Group returns to punk roots

By SARAH BRAY

Rena, Nevada's Cobra Snake has finally, after much anticipation, released an album of old-school punk rock.

The band's new LP, *Agitation*, was released on Fat Wreck Chords last month.

The record, which is a follow-up to January 2001's *Bringing The War Home*, was the direct product of a more straightforward approach to their traditional songwriting style and methods.

*Agitation* is a more straightforward record which recaptures and focuses Cobra Snake's early punk ethos. He also sees the songs within it all having "that raw, scrappy, style and varied inspiration."

Contrary to other Cobra Snake records, which have a more diverse exploration of music styles, *Agitation* comes across as more straight down.

## Cobra Snake's *Agitation* is straightforward, concise

The record contains 13 short and relatively fast melodies.

There is also no chance of belated lyrics. The group, which has received recognition for their ability to write songs on Spanish, didn't incorporate any of it into their new album.

Though there is some experimental work with "psychobabble"

sounding songs, the record stays true to the California skate style of bands such as Tenacious D, NOFX, and Lagwagon.

Though this may be more than that the new album has also paid away from the style of previously released material, *Agitation* sticks up for it by maintaining a sense of to make any great sense.

Punk stays true to the similar theme of Cobra Snake's records, with songs that tell stories with a political theme, to some about the environment or immigration. Punks also do an acoustic track at the end of the record entitled *I Believe*, which is similar to the writing style of Metal Blade of Allstate Trio.

All in all Cobra Snake has produced a great record. Though writing from the experimental scenes of previous records, they've managed to remain consistent, writing catchy songs that will enter spins, usually releasing into them. Fans of the group need not worry about the prospect of disappointment with this record.

# Get talking with TED

By JASON BLAKE

This November, in part of the discussion.

If you are looking for more reason, a management, and the opportunity to share your thoughts and ideas, join in and "Be Part of the Discussion" designed to provide you with these opportunities in a fun and casual venue outside of the classroom.

The event was TEDxUW (www.TEDxUW) which, according to its website, is a "non profit organization that is devoted to ideas worth spreading, and offers the opportunity to share your ideas with the world."

You can join TEDxUW on Nov. 8, 12 and 20, view videos and then participate in an exchange of ideas.

On Nov. 8, you can look forward to listening to the author of the award winning blog, 1000 Awesome Things and New York Times best

selling author of *The Book of Americans*, Neil Postman. He will reveal the three secrets to leading a life that is not alone - outside, creative and collaborative.

Postman encourages you to "think out your next three years old" "live the future with other eyes" and "be yourself" and be good with it.

The discussion is facilitated by Matthew Mayman, Spokane Life program coordinator.

Mayman and the "Be Part of the Discussion" is a new initiative that was created by the Spokane Life department in order to provide students with an opportunity to meet new people, discuss theories, concepts such as leadership and communication, and find ways to either get more involved with activities in the college or improve the campus atmosphere.

If you have any questions, you can contact Mayman at [mayman@spokanecc.edu](mailto:mayman@spokanecc.edu) or call 509-348-9328 ext. 2494.

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# Arkells' new album destined to be a classic

By JASON BRIDGEMAN

"Can we hear it for the whole album?"

The Arkells' sophomore album *Marathon Love* was released on Oct. 11. The album debuted second on the iTunes chart and first on the iTunes rock charts.

The band has come a long way since its *Emulsion EP* was released in 2004. The band has grown in the shape as well as in the studio and now, *Marathon Love* is another stepping stone for a band that has the potential to be one of the greatest Canadian rock bands of all time.

They began the album with Noah Cox. You can hear the early band confidence in songs like *Room's* vocal melody and in the songs the writing line of the album.

The LP continues with *Where U Go* which keeps a steady tempo through the opening track. The Arkells' album took to their home in southern Ontario singing "400 401 403" and on the way "what is sure to become a favourite of local fans. In most, bands get bigger they tend to lose part their foundation and now for a

whole album. However, the Arkells stay loyal to their foundation of Hamilton while embracing the new across the country and even those in the United States.

The album's title track *Marathon Love*, a song like in a small *Marathon* town, the song dynamic guitar riffs and keyboard energy melody work.

The band displays a great ability to write songs that are both musically and lyrically. They have an incredible sense of how to tell a story simply but also directly. The song *Kim Cox*, which features the lyrics, "at the time you were living in the ocean found the country where for us in the things that happen around the fact that a couple was in the ambulance during a winter road."

Songs such as *Coffee* and *Agent* show display a great tale of love and sex that have been rarely used by artists over the past few decades. The Arkells' crafted songs that include blues guitar and jazz influences from the band's drummer Tim Goddard. However, the Arkells put a spin on the songs by adding their own upstart sound

which makes you want to dance.

The self-produced album includes many songs from *On Paper* to the first hit *The Dancer* and *Emulsion*.

On *Paper* is about a man meeting a girl at a club and proposing that she can give her everything she wants in paper. The record ends like a thousand to a first. *Emulsion* is a song which inspired the Arkells' catchy songwriting look. The song breaks down into a steady guitar riff while *Marathon Love* sings about every note in the music the melody of the guitar.

They continue with their hit single *Whorehouse* which was released on July 5. The band and complete song will turn you into a "stupid idiot" as the songwriting guitar riff is sure to get stuck at your head.

The Arkells have produced an album that includes their original sound which was then a few award for best new artist in 2000.

*Marathon Love* is a fun, honest, emotional and musical album that has everything that a great album must have to become a classic.

# Intramurals help students stay active, meet people

There are also drop-in times for sports such as volleyball and hockey

By ANDREW GIBLIN

Increasingly, at Conestoga are keeping students together in a physically active environment like never before.

Kate McCartney, who works in the athletic department, says that the intramurals are just doing what they are meant to.

"The intramural sports are to help facilitate Conestoga students to play recreational sports against other Conestoga students."

"The friendships that are being made along the way are just as much a benefit," she said.

"It allows them to meet new people and sometimes partners that in new sport they may not have played before."

Conestoga College offers a wide variety of intramural sports to choose from for every body to enjoy.

"This semester, we offer our hockey and ball hockey, volleyball and dodgeball. We need basketball but we didn't get enough interest to run this league. This year, however, we're going to be running indoor soccer," McCartney said.

"The athletic department is also taking suggestions from students as to what sports that people may not normally play."

"We have tried ultimate discus, European soccer called football (which is similar to basketball), we tried to get it up and running but there wasn't enough interest with any of these sports," McCartney said.

"We'll try something out and if it doesn't work then we won't continue something else. For example, we had it (dodgeball) for a few years, before that was what we had the European football and it didn't work so dodgeball picked up and it's running well," she said.

Dodgeball and volleyball are extremely popular among Conestoga students but other intramural sports are even more popular.

"Volleyball has been very popular in the past, right now ball hockey and ball hockey are huge. We actually have teams on the waiting list for ball hockey, and for ball hockey, we have 14 teams so lots of people are wanting to do

that," said McCartney. Kate Jenkins, the entrance for dodgeball and ball hockey, believes the intramural sports have been such a hit.

■

## The intramural sports are to help facilitate

Conestoga students to play recreational sports against other Conestoga students. The friendships that are being made along the way are just as much a benefit.

— Kate McCartney

■

"I think it also helps with the whole social aspect of

some people, you get to know other people."

"I know people who have met a bunch of friends through intramurals."

The athletic department also offers drop-in times for volleyball, basketball, badminton, soccer, and hockey and open skating.

"We're just dropping in time for all of those, that way students don't have to make a commitment like an intramural sport but the time is there for those who do go. We're trying to get the information out there so that they know what's available," said McCartney.

If you have any questions, comments or suggestions, you can contact Kate McCartney by going to the front office of the recreation or by emailing her at [kemccartn@conestoga.ca](mailto:kemccartn@conestoga.ca).

## TAKING CARE OF BUSINESS



PHOTO BY JAMES WATSON

Registration while investigations indicated Jeff Meyers needs his two-month-old baby (shown) at the home campus on Oct. 23.

# Canada Career Week Events

Don't wait until you graduate – start thinking about your career today with these great workshops during Canada Career Week

November 1 - 10

## University Planning Workshops

November 1: 11am - 12pm, Room 2E26 (Door)

November 1: 12 - 1pm, Room 2E26 (Door)

November 2: 12 - 1pm, Room 2E26 (Door)

November 2: 11am - 12pm, Room A2114 (Cambridge)

Learn about the formal agreements that Conestoga has with universities in Canada, United States and abroad.

Application Process, Transcripts, Deadlines, Fees

Registration is required via MyCareer.

## Career & Education Planning Workshops

November 2: 11am - 12pm, Room 2E26 (Door)

November 2: 12 - 1pm, Room A2114 (Cambridge)

Learn about Career and educational planning. Your options and 1 or next steps. Great resources for managing your own career path.

Registration is required via MyCareer.

## Resume and Cover Letter Workshops

November 2: 1 - 2:30pm, Room A2113 (Cambridge)

November 2: 1 - 2:30pm, Room 1D05 (Door)

November 2: 1 - 2:30pm, Room 2E26 (Door)

Registration is required via MyCareer.

## Job Search and Interview Workshops

November 2: 3 - 4:30pm, Room A2113 (Cambridge)

November 2: 3 - 4:30pm, Room 1D05 (Door)

November 2: 3 - 4:30pm, Room 2E26 (Door)

Registration is required via MyCareer.

Log in to MyCareer to register, or check out the amazing resources for career planning on the Career Directors tab.

(From the Student Portal, click on the "Services" tab)



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# Casting spells in Cambridge

*Jodi Cross is a witch - but not the type you might imagine*

By **RODMAN DODGE**

Halloween may be a fun time to get dressed up, watch scary movies, and send a kid party for the general public, but that's not what it means to those who practice witchcraft and/or Wicca.

Halloween is much more personal for these people.

Wicca, also known as Pagan witchcraft, is a Pagan religious movement. It started out in the 19th century and became more popular in the 1960s thanks to Gerald Gardner, a Wiccan high priest. Wicca is a religion that embraces witchcraft, but you can practice witchcraft without the religious context of Wicca. Some, including Cross, practice witchcraft as well as follow the religion.

"Some Wiccans or witches celebrate the season, some of them celebrate the fact that the veil between the world and the spirit is at its thinnest. Some of them celebrate that there's more than this light, colorful. Personally, for me, all of the above," said Jodi Cross, a Wiccan who has her own store called *The Cat, The Book and The Candle*.

*I feel like the luckiest girl in the world because I can follow my heart and make my living.*  
— Jodi Cross

The holiday also portrays witches as evil, old people toting with magic and big noses, who only use spells for negative reasons and to harm people.

On the contrary, if you meet someone in the real world who practices witchcraft, you'll realize that she is the complete opposite. You can see past them out of a crowd, because they are dressed casually and not in a black pointy hat and a long black cape. Although some concepts are correct, such as being sensitive and crystal balls, TV shows, movies and other media really get the story right.

According to Wiccans, "Contrary to what those who choose to persecute or be about us wish to believe, Wicca is a very peaceful, free, innocent and balanced way of

life which promotes success with the divine and of which more."

After talking to Cross just for a couple of hours, it was evident that most people probably don't know the real life of a witch. You could say she is spellbinding, but only because her every word is a fascinating piece of information surrounding you to listen to.

"It's probably the most powerful religion I know," Cross said. "It's working with spirit, it's working with nature, it recognizes that the divinity is within everything and it's really not seeking to have control over anybody or anything, it's working with the flow of nature."

When someone truly practices witchcraft, it is more about casting spells and focusing energies, regardless of whether they're hurting anyone. Wicca is more about going with the flow and never hurting anyone.

Cross has been practicing witchcraft and Wicca since she was a young child, but just didn't know there was a name and religion for it until about 14 years ago.

Wiccans do not put down other religions nor do they push others to convert. They are open minded and understand that whoever wants to practice can and those who don't want to, don't have to. They are kind, peaceful and very positive people. They understand that everything in the world has energies, including crystals, herbs, plants and more, according to Cross.

Cross opened *The Cat, The Book and The Candle* in the Hampshire part of Cambridge to supply others with energy items, to introduce the religion to others and to be there in case anyone is interested in studying or practicing.

"I feel like the luckiest girl in the world because I can follow my heart and make my living," she said.

Her goal is to show others how to empower themselves and their own lives.

She is a certified hypnotherapist, reiki teacher and a witch. She also made tea, candle balls with past life regression and has many other services available to those interested.

To find out more, go to [www.cambridgewicca.co.uk](http://www.cambridgewicca.co.uk) or call 01223 322 8202.



Jodi Cross in her store, *The Cat, The Book and The Candle*, with stacks of books and goddesses behind her. The store is located in the downtown Hampshire part of Cambridge.



A variety of items are sold in the store including candles, crystals, herbs and plants.



Cross considers the small store hers.